
Supplementary Statistics

13 February 2017

The following brief is intended as a detailed summary of data on children and young people in Aberdeen. This supplements the data provided in the Aberdeen City Integrated Children’s Service’s Plan 2017-2020, for a more detailed rational for the conclusions drawn from the information in the related infographics. It contains links to numerous other statistics documents with data on children and young people.

Other detailed information on Children and Young people in Aberdeen Can be found here

Scottish Government
Aberdeen City Council
Scottish Public Health Observatory (ScotPHO)
Background

In May 2016 Community Planning Aberdeen published the Aberdeen City Strategic Assessment 2015/16¹. This document offers a comprehensive overview of statistics in a range of areas of interest across the city, reviewing the impact of historical trends and local context on the lives of all Aberdeen citizens. Considerable data was gathered on the status of children and young people across the city. Some of the information below has been further supplemented by new data where published.

Youth Population Overview

The population of Aberdeen City Children and Young People aged 0-25 is set to increase from 72,308 to 87,852 (21%), by the year 2037.

Birth rates in the city have increased considerably since 2005 where there was a recorded 2,061 births, this has since increased to 2,609, an increase of 27%. This is despite a peak of 2,688 in 2012, and a dip to 2,500 in 2013. Nevertheless this is likely to have a significant impact on the capacity of Early Learning and Childcare services, the school estate, and the Aberdeen Health and Social care Partnership (in particular Health Visiting and School Nursing Services).

This is further influenced by a projected increase in school age pupils, which, based on the 2015 school roll forecasts², are set to increase in Primary from 13,292 in 2015 to 16,072 (21%) and in Secondary from 8,660 to 11,233 (30%). These projections are heavily influenced by 3 large housing developments around the periphery of the city, namely: Countesswells, Grandhome and Charleston which combined have approximately 9,300 homes scheduled to be built.

There are numerous other sites which are likely to impact on increases in the youth population. The Aberdeen Local Development Plan was adopted on 29th February 2012³. It shows what land is being allocated to meet the city’s development needs over the next 10-20 years. It identifies housing land to accommodate over 20,000 homes on green field sites and between 5,880 and 9,477 homes on brownfield land and, of that, 1,106 homes are located within regeneration areas.

The full implications of the economic downturn in Aberdeen on the impact of house buying in these new developments has not been fully assessed but may well impact on future roll projection, which may have to be revised down accordingly. However development plans are still in place to expand educational provision in these areas in anticipation of the possible increases.

Child Poverty

“Child poverty means growing up in families without the resources to obtain the type of diet, participate in the activities and have the living conditions and amenities which are the norm in 21st century Scotland⁴

Poverty is commonly believed to be the single factor which has the greatest impact on child health.

¹ Link: Community Planning Aberdeen Strategic Assessment
² Link: Aberdeen City 2015 Based School Roll Forecasts
³ Link: Aberdeen Local Development Plan
⁴ Link: Child Poverty Scotland
Children are considered to be living in poverty if they live in households with less than 60% of the median household income. This is the key measure used by the UK and Scottish Government. Using this measure the latest (2014/15) official data shows; a lone parent family with 2 children (aged 5 and 14) is living in poverty if they are living on less than £291 per week (after housing costs have been deducted).

For the period October to December 2013, after housing costs are taken into account, an estimated 18% of Aberdeen’s children were living in poverty. There was, however, substantial variation in levels of child poverty between different city wards, ranging from a low of 5.3% in Hazlehead/ Ashley/ Queen’s Cross to a high of 32.2% in George Street/Harbour.

**Free School Meals**

In February 2016, 53.2% of primary school pupils in Aberdeen were entitled and registered for free school meals in mainstream local authority schools. All primary 1-primary 3 school pupils are entitled to free school meals. 12.3% of primary 4-primary 7 school pupils in Aberdeen were entitled and registered for free school meals in mainstream local authority schools.

**Parent Health and Early Years**

Pregnancy and Parenthood in Young People

Despite an overall decline in pregnancies among young people over the last 10 years, a strong correlation between deprivation and pregnancy among young people remains. Young women who live in the 20% most deprived areas of Aberdeen, (based on the Scottish Index of Multiple Deprivation (SIMD)), are still 5 times more likely to become pregnant compared to young people living in the 20% least deprived areas.

In brief:

- The Scottish average rate of pregnancy among under-20s is 34.1 per 1,000,
- Aberdeen City has a higher rate of pregnancies among young people, 36.2 per 1,000.
- Twenty three of the intermediate zones within Aberdeen City have higher than the Scottish average rate, and most of these contain the 20% most deprived areas.

Comparing pregnancy rates by intermediate zones reveals even larger differences: for example, young people in Summerhill are almost 20 times more likely to become pregnant before the age of 20 (101 pregnancies per 1,000) than young people in the area with the lowest incidence (5.5 per 1,000). Considering pregnancy among under-18s, the differences are even greater, ranging from zero per 1,000 in the least deprived areas to 119 per 1,000 in the most deprived areas.

Moreover, 21.2% of all young people under 20 who become pregnant will have experienced at least one previous pregnancy.

---

5 Extracts taken from NHS Grampian Teenage Pregnancy Report October 2016

6 Link: [Scottish Index of Multiple Deprivation](#)

7 Link: [Scottish Index of Multiple Deprivation](#)
Amongst those living in deprived areas, the repeat pregnancy rate rises to 24% (in the least deprived it is 14%). Moreover, those living in deprived areas are more likely to continue their pregnancies; birth rates in these areas are 7 times higher than in the least deprived areas.

Reducing unintended pregnancies, repeat unintended pregnancies, encouraging pregnancy spacing and supporting those who become young parents is important. CPPs have an accountability to locally implement the Scottish Government’s National Strategy for Pregnancy and Parenthood in Young People over the next ten years. This will require partnership at all levels, including the delivery and planning of children’s services.

**Breastfeeding**

Breastfeeding rates in Aberdeen have remained fairly static between 2010/11 and 2014/15. In 2014/15, 63.4% of babies in Aberdeen were breastfed (includes mixed breast and formula fed) at time of first visit by a Health Visitor, 45.5% were exclusively breastfed. This was considerably higher than the Scottish average of 48.3% and 35.2% respectively.

Having said this, breastfeeding rates among those living in deprived communities are considerably lower. Women in the affluent areas in Aberdeen such as the West End are more than four times more likely to breastfeed as those living in the more deprived communities. Young maternal age, smoking and obesity are all associated with reduced likelihood of breastfeeding.

Breastfeeding has well-established short-term benefits, particularly the reduction of morbidity and mortality due to infectious diseases in childhood. Longer term benefits include reduced risk in adulthood for the child, and reduction in the maternal risk of breast cancer and ovarian cancer.

**Smoking during Pregnancy**

Aberdeen City has a statistically lower (better) percentage of women self-reporting as smoking during pregnancy compared with the Scottish average (15% of pregnant women in Aberdeen City reported being a smoker at their initial booking appointment, compared to 20% of pregnant women across Scotland). Younger mothers and those from socio-economically deprived areas are more likely to smoke in pregnancy. Whilst fewer women are declaring themselves as smoking at the time of booking there is danger of former smokers relapsing later in pregnancy.

Smoking in pregnancy is a modifiable risk factor implicated in stillbirth, low birth weight and infant death, and is estimated to increase the risk of infant mortality by 40%.

Across Scotland, it is estimated that there are around 65,000 children affected by parental alcohol misuse and between 40 and 60,000 children are affected by parental drug misuse.

On the 31st July 2014, 162 concerns were raised for children at child protection case conferences in relation to children on the Child Protection Register. Of these concerns, 54 were in relation to parental substance misuse, parental alcohol misuse, or parental drug misuse.

---

8 Link: National Strategy for Pregnancy and Parenthood in Young People
Substance Misuse

Across Scotland, it is estimated that there are around 65,000 children affected by parental alcohol misuse and between 40- and 60,000 children are affected by parental drug misuse.

For example on the 31st July 2014, 162 concerns were raised for children at child protection case conferences in relation to children on the Child Protection Register. Of these concerns, 54 were in relation to parental substance misuse, parental alcohol misuse, or parental drug misuse (some of the drug and alcohol misuse.

Alcohol use in pregnancy has been suggested as the most common non-genetic cause of mental and behavioural problems in children, and is associated with miscarriage, premature birth and low birth weight. Higher social class/ higher income, white ethnic group and older age are all maternal factors associated with drinking alcohol in pregnancy.

Prescribed and non-prescribed substances can affect a pregnancy, both of which can cause a range of adverse effects on the foetus. Drug misuse is also often associated with other risk factors such as smoking and alcohol misuse. Drug misuse in pregnancy is associated with younger mothers and those from areas of socio-economic deprivation. Around 2% of pregnancies in Aberdeen record drug misuse in pregnancy, with a little less than 1% of Grampian babies recorded as having been affected by maternal drug use.

Early Years Provision

In June 2016, 91% of all eligible children in Aberdeen City in their pre-school year and 80% in their ante pre-school year received funded early learning and childcare places in the city.

In session 2015/16 funded places were provided for: 26.5% of eligible 2 year old children; 80.1% of eligible 3 year olds; 90.8% of eligible 4 year olds; and all children in their deferred year who were eligible.

Children and Young People aged 5-16

Child Health

Obesity

In 2014/15 the BMIs of 1,894 P1 children in Aberdeen were measured. Based on epidemiological thresholds, 77.3% had a healthy weight, slightly higher than the Scottish average (77.1%), while 12.0% and 9.8% were classed as at risk of being overweight and obese, respectively. Based on clinical thresholds, in 2014/15 84.6% had a healthy weight (Scottish average 84.8%); 8.5% were classed as overweight, 3.2% as obese and 3.4% as severely obese, each slightly lower than the Scottish average, except for severely obese (Scottish average 2.5%).

---

9 Extracts taken from the Nurtured Outcome Group Audit 2016/17
Alcohol and Drug Use among Adolescents

90% of thirteen year olds and 70% of fifteen year olds surveyed in the city reported that they had never smoked – 3% and 4% higher than the Scottish figures respectively. The proportion of pupils, in both cohorts, that have never smoked has been increasing both in the city and nationally since 2002.

An increasing issue across Scotland and locally is the availability and use of new psychoactive substances (NPS) - commonly known as 'legal highs'.

Mental Health and Wellbeing

“Mental health is defined as a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.” (World Health Organisation 2014)\textsuperscript{10}.

In adopting this definition of mental health, we can include measures that can be linked to mental health and wellbeing for our children and young people which includes already identified milestones and indicators for early years, primary and secondary years as well as organisational and structural indicators.

These can provide a more comprehensive picture and complement the information from the nationally validated Warwick-Edinburgh Mental Wellbeing Scale and the performance against the Scottish Government target for waiting times.

The last survey on mental health and wellbeing among 13 and 15 year old young people in Aberdeen was carried out as part of the Scottish Adolescent Lifestyle and Substance Use Survey (SALSUS) in 2013 using the Warwick Edinburgh Wellbeing Scale. A score can range from 14-70, with 40 to 59 considered average. The young people surveyed in Aberdeen were rated within the average. 13 year old boys (52.8) and 15 year old girls (46.5) had a higher average score that the Scottish average at 51.3 and 45.1 respectively. 15 year old boys (48.9) and 13 year old girls (48.4) had a lower score than the Scottish average (50.2 and 45.1 respectively).

The Scottish Government set a target of a maximum wait of 18 weeks from referral to treatment to Child and Adolescent Mental Health Services (CHAMS). In 2015 63% of patients in NHS Grampian were seen within the 18 week period compared to the Scottish rate at over three-quarters (76%).

On the 31\textsuperscript{st} of December 2015 NHS Grampian employed 9.8 full time equivalent clinical staff in CAHMS services per 100,000 populations, the second lowest rate in Scotland.

Youth Achievement

Attainment

Young people assessed as having Literacy and Numeracy at SQF level 4 are considered to have the necessary basic levels literacy and numeracy (L&N). In Aberdeen city as a whole this has increased from 2012 with 73.9% of young people achieving SQF level 4 L&N to 86.6%. This is higher than our virtual comparator at 83.9%.

\textsuperscript{10} Link: Promoting Mental Health (WHO)
SQF Level 4 L&N among other cohorts in Aberdeen however is lower.

For those from the 30% most deprived communities there has been an increase from 52.7% in 2012 to 75.5% in 2015. Higher than our virtual comparator at 70.7%

For looked after children SQF level 4 L&N was 28%. This has been a significant increase since a low of 2.63% in 2013, but there is still more that can be done to improve this further.

**Young People over the Age of 16**

**Positive Destinations Overview**

Overall initial positive destinations across Aberdeen City schools have increased from 85.6% in 2010/11 to 90.1% in 2014/15. Figures peaked in 2012/13 at 91.1% but have declined by 1% since then. These figures have remained fairly stable over the past three years. These very closely align with the Scottish average which in 2014/15 was slightly higher at 93.0%.

**Positive Destinations by Category**

City wide, Higher Education has been the highest leaver destination across the past 5 years and has shared a converse relationship to Further Education which has been the second highest leaver destination each year except 2013/14 where it was briefly taken over by Employment (26.2% compared to 25.5%). In 2014/15 both Higher and Further Education increased together at the same time as Employment decreased.

Higher Education was at its lowest in 2012/13 at 34.1% but has since increased each year up to 38.1% in 2014/15. Further Education was at its lowest in 2011/12 at (25.4%) and then peaked in 2012/13 at 27.9%. Employment saw a year on year increase from its lowest in 2010/11 at 21.4% increasing to 26.1% at its peak in 2013/14. In 2014/15 it decreased to its lowest in 5 years at 21.9%.

The Unemployed Not Seeking and Unknown categories have changed very little across the 5 years (0.0% and -0.8% respectively) with some variance between years. Unemployed Seeking has been slightly higher 11.3% at its highest in 2010/11 down to its lowest in 2012/13 (6.8%). In the previous 2 years this has increased to 7.8% (2014/15).

**Positive Destinations in In Deprived Communities**

In 2014/15 Positive Destinations among those young people in the 30% most deprived communities was considerably lower than among their peers, 82.6% compared to the Aberdeen average of 90.1% in the same year. It was also lower than the Scottish average for young people in the 30% most deprived communities at 89.2%.

**Positive Destinations among Looked After Children**

Positive Destinations among Looked After Children have increased between 2011/12 to 2014/15 from 54.4% to 72%. It should be noted that these figures are greatly affected by the small numbers within the cohort but even at its highest in 2014/15 this is close to the national average of 74.6%
Summary

Overall the data on children and young people in Aberdeen shows that in many respects Aberdeen City is in line with Scottish averages. Having said this there are a number of areas where we need to focus our attention:

• We can make improvements to the parental health supports we provide across the city focussing on communities that are less likely to achieve positive health outcomes

• We need to ensure that we can provide enough early learning and educational spaces to meet the demand of an increasing youth population

• In attainment and leaver destinations the city has seen considerable improvement over the past few years but there are still areas where we need to make focused improvements particularly in areas of deprivation in order to bring ourselves in line with national figures and the national stretch aims.